

# *August & September* Peaches, Tomatoes, Cantaloupe & Sweet Potatoes



COLORADO



- Peaches
- Tomatoes
- Sweet Potatoes
- Cantaloupe
- Gardening
- Sub Grant Feature
- Grant Information



# Peaches



Makes 25 servings  
CACFP creditable food serving size: 3/8 Cup  
A serving at Lunch equals 1/4 C Vegetable and 1/8 C Fruit.  
For a creditable lunch, add a meat/meat alternate serving,  
a bread/grain component and 1/4 cup of another visually  
recognizable fruit or vegetable, and milk.

## Peach Salsa



- 4# Fresh Peaches (about 16 md/large peaches)
- 4 1/4 Jalapeños (remove seeds, and brunoise)
- 1# 4oz Fresh Bell Peppers (about 2 1/2 bell peppers)
- 1/2 Cup Red Wine Vinegar
- 1 Bunch Mint, or Cilantro (optional)

Peach Salsa Recipe & all of the CHOP Recipes can  
be found by [Clicking Here](#).

**Nutrients**  
Vitamin A  
Vitamin C  
Vitamin E  
Vitamin K  
Vitamin B1, B3, B-6  
Folate  
Calcium  
Potassium  
Magnesium  
Iron  
Manganese  
Phosphorous  
Zinc  
Copper



[https://www.fns.usda.gov/sites/default/files/growit\\_book6.pdf](https://www.fns.usda.gov/sites/default/files/growit_book6.pdf)



# Tomatoes

## FRESH TOMATO SAUCE

### INGREDIENTS

1 clove Garlic (minced or pressed through a garlic press)  
1 tablespoon Olive Oil  
6 large Tomatoes (diced or roughly chopped)  
1½ teaspoons Oregano (optional)  
1 teaspoon Basil (optional)  
½ teaspoon Salt  
1 teaspoon Pepper  
1 pound pasta of your choice  
Grated Cheese (optional)

### DIRECTIONS

1. Wash/rinse whole tomatoes.
2. Mince garlic or press garlic through a garlic press.
3. In a medium bowl chop or squish ripe tomatoes.
4. Add olive oil, garlic, salt and pepper to tomatoes.
5. Cover with towel and let sit for 30–60 minutes. Cook pasta of your choice.
6. Pour fresh sauce over pasta. Add basil and oregano (optional). Serve and Enjoy!

### Nutrients

Vitamin C  
Potassium  
Vitamin K1  
Folate



# Sweet Potatoes



## SWEET POTATO MASH

Enough for tastes for children, about one-two tablespoon each

### INGREDIENTS

2 lbs. sweet potatoes (4-6 medium)  
3/4 tsp. salt  
black pepper (to taste)

### DIRECTIONS

1. Put a medium pot of water on to boil.
2. Wash sweet potatoes and peel.
3. Cut sweet potatoes in quarters.
4. When water boils, add sweet potatoes to pot.
5. Lower heat and simmer until potatoes are tender, about 20 minutes.
6. Add quartered sweet potatoes to a bowl and mash with a fork, whisk, or potato masher. If whisk, using the whisk with an up-and-down motion works best.
7. Add the butter or milk, if desired.
8. Season with salt and pepper.

### Nutrients

Vitamin A  
Manganese  
Vitamin B6  
Potassium  
Niacin  
Vitamin B2

Vitamin C  
Copper  
Phosphorus  
Fiber  
Vitamin B1

# Cantaloupe

Click [HERE](#) to learn new Cooking Skills

## STRAWBERRY-MELON SUMMER SALAD

15 – 20 ¼ cup servings

### INGREDIENTS

- 1 cup plain or flavored yogurt (strawberry, lemon or vanilla work well)
- 1 teaspoon lemon juice
- 2 cups watermelon balls or chunks
- 2 cups cantaloupe balls or chunks
- 2 cups quartered fresh strawberries

### DIRECTIONS

1. Wash strawberries and remove tops. Cut them into quarters.
2. Wash and slice open the melons. Scoop out seeds and place in a separate bowl.
3. Cut melons into cubes or use a melon baller to scoop out balls of melon.
4. Combine the melons and strawberries in large bowl.
5. Pour yogurt and lemon juice over the strawberry melon mixture, allowing children to measure out the ingredients.
6. Gently, fold the yogurt into the strawberry-melon mixture.
7. Let children take turns folding the salad, being careful not to mash the fruit.
8. Serve directly after folding. The fruit salad can get a little watery if it sits out too long.



### Nutrients

Vitamin C  
Vitamin A  
Potassium  
Vitamin B1, B3, B6  
Folate  
Vitamin K  
Magnesium  
Fiber



# Gardening

Ready for Harvest in August & September

Apples	Herbs
Beets	Onions
Bell Peppers	Peaches
Broccoli	Pears
Cabbage	Plums
Cantaloupe	Raspberries
Carrots	Squash
Cauliflower	Strawberries
Celery	Sweet Corn
Chile Peppers	Tomatoes
Cucumbers	Watermelon
Eggplant	
Green Beans	
Herbs	
Lettuce	
Honeydew Melon	



Pictured above students at Superior Child Care in Greeley, enjoy cherry tomatoes and cucumbers they grew in their garden.



# Poll

Approximately how many pounds of fruits and vegetables have you harvested from the garden at your home/center?

- A. 1-2lbs
- B. 3-5lbs
- C. 5-10lbs
- D. 10 or more pounds
- E. 0- we do not have a garden.





# *Sub Grant Feature*





# *Grant Information*

Stay tuned...

Grant applications will be available in October.

We strive to have the most up to date information available on the CHOP website.

<https://www.colorado.gov/pacific/cdphe/cacfp-chop>





# *Questions?*

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